



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 32 • August 16, 2013

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Photo by Staff Sgt. Erik Cardenas
Tech. Sgt. Zachary Firlik, 354th Security Forces Squadron, Eielson Air Force Base, Alaska, carries Staff Sgt. Brian Morelan, 50th SFS, Schriever AFB, Colo., to an extraction point during a Combat Leaders Course field training exercise Aug. 1 at Joint Base San Antonio-Camp Bullis. Airmen attending CLC gain leadership experience from classroom and field training in land navigation, convoy operations, mounted patrols and urban warfare.



Courtesy photos

Master Sgt. Tamara Knause (at right in each photo), 344th Training Squadron Military Training Flight chief, was selected the Air Education and Training Command Military Training Leader of the Year for 2012. Left photo: Knause helps a 344th TRS Airman with a medical issue. Right photo: Knause presents a red rope to a 344th TRS Airman for earning a top leader position.

Selection overwhelms MTL of the Year

By Mike Joseph
JBSA-Lackland Public Affairs

The 2012 Air Education and Training Command Senior Military Training Leader of the Year was “excited” and “honored” to be chosen for the award.

“The competition in special duty is very hard. I don’t know who the competition was from the different bases, but I’m sure they all deserved it. I’m truly overwhelmed,” said Master Sgt. Tamara Knause, 344th Training Squadron Military Training Flight chief.

Knause began her special duty assignment at

the 344th TRS in November 2010. She will move to the 37th Training Support Squadron as military training superintendent later this month before a permanent change of station in November.

“I’m sure it will be exciting and interesting,” the 16-year veteran said about joining the 37th TRSS.

A three-year tour as an academic instructor (2001-2004) at Keesler Air Force Base, Miss., set Knause on the path to becoming an MTL.

When she decided to step outside her communications career field as a knowledge operator after

making master sergeant in 2009, Knause started investigating special duty assignments. Working with MTLs at Keesler led her to apply.

“I had some knowledge and understanding of what MTLs do,” she said. “I wanted something different and I definitely got it.

“I think this is the best career field in the Air Force because you’re making a difference,” Knause said. “There is no other career field aside from being an MTI (a basic training instructor) that you get to mold an Airman. There’s no other special duty as-

signment I’d rather do than this one.”

During the award year, the flight stood out once again under Knause after being the only 37th Training Group flight rated outstanding in the 2011 Unit Compliance Inspection.

She facilitated an on-the-job training program spent more than 2,000 hours reviewing, training and coding records, which 2nd Air Force called an example for the rest of the Numbered Air Force.

The MTL office was reorganized to increase oversight of 4,000 Airmen, and a squadron de-

tail program augmented 3,500 Airmen and 52 squadrons. The 351 details saved \$480,000.

The flight also led the 37th TRG in non-commissioned officer of the quarter wins.

Knause credited her family – husband Charles and their four children – for their support during her MTL tenure.

“Without my family, I couldn’t be here,” she said. “Having a strong family helps me succeed in this job. I couldn’t have done it – the long hours and occasional weekend duties – without the sacrifices by my husband and children.”

TALESPINNER

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Deadline for story submissions
is noon Thursday the week prior
to publication.

News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

TUESDAY

KISLING CC EDUCATION FAIR

An education fair will be held Tuesday, 10 a.m. to 4 p.m., at the Joint Base San Antonio-Lackland Kisling Community Center on Security Hill.

The free event will feature more than 20 college and university representatives, College Level Examination Program CLEP information, JBSA-Lackland Education Office resources and a Community College of the Air Force resource center.

Admission is free and refreshments will be provided.

For more information, contact Tech. Sgt. Lemeika Stringer at 977-2063/2064.

SEPT. 20

AIR FORCE BALL

The 2013 San Antonio Air Force Ball, "Into the Wild Blue Yonder: Proud Past . . . Promising Future," is Sept. 20 at the Grand Hyatt Hotel in downtown San Antonio.

The social hour begins at 6 p.m.

Ball attire for the military is mess dress or semi-formal; and civilians, formal/black tie. To purchase tickets at Joint Base San Antonio-Lackland, contact Tech. Sgt. Araceli Alarcon at 473-3560, Master Sgt. Fordham Terrill at 977-5893 or Master Sgt. Anthony Foremski at 969-5416.

INFORMATIONAL

CAC/ID CARDS APPOINTMENTS

Appointment times at the main DEERS ID Card/Common Access Card issuance facilities at Joint Base San Antonio are about three weeks out due to high volume. Emergency walk-in wait times can range between one and three hours.

All DOD CAC/ID cardholders to include retirees and dependents needing new or updated cards are encouraged to schedule appointments. CAC cardholders who receive email notification that their card is within 60 days of expiration need to make an appointment immediately. Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m., Monday through Friday. Schedule appointments at <https://rapids-appointments.dmdc.osd.mil>. Call 671-4178.

TALESPINNER SUBMISSION DEADLINE

To submit items for community briefs, email tale.spinner@us.af.mil by noon Friday the week prior to publication.

JBSA maintains Stage III water restrictions

By Aaron Farmer

JBSA Water Conservation Manager

Joint Base San Antonio received a new Biological Opinion from the U.S. Fish and Wildlife Service Aug. 6 and maintains its water restriction levels at Stage III.

The Biological Opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species that live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The JBSA Critical Period Management Plan replaces the older JBSA Drought Management Plan and aligns drought management trigger levels to match those of the surrounding community in order to reduce confusion and create unity of effort across the region.

Stage III water restrictions in effect for all JBSA include the following measures:

- Landscape watering with an irrigation system, sprinkler or soaker hose

is allowed every other week only from 7-11 a.m. and 7-11 p.m. on designated watering day.

- Irrigation of athletic fields is permitted only as required to maintain the turf viability and safety. Athletic fields may be watered between the hours of 3-8 a.m. and 8 p.m.-midnight once per week.

- Watering with drip irrigation is allowed every Monday, Wednesday and Friday, but only from 7-11 a.m. and 7-11 p.m.

- Watering with a handheld hose is allowed any time on any day.

- The use of yard pools, dunk tanks or similar equipment is prohibited.

- Government vehicle washing is allowed once per month, during the first full week of each month.

- Restrict civil engineer ground crews and base residents from planting grass and plants except where absolutely essential.

While JBSA, its surrounding communities and the San Antonio Water System utilize water from the Edwards Aquifer, SAWS also utilizes alternate sources of

water such as their aquifer storage and recovery system to reduce the amount of Edwards Aquifer water they pump. This allows SAWS to maintain Stage II water restrictions even though the Stage III water reduction trigger level was met. Water from other sources is not regulated like the water pumped directly from the Edwards Aquifer.

It is everyone's responsibility to conserve water on JBSA and in the surrounding community. Water leaks should be reported to a facility manager or to the local civil engineering squadron customer service immediately. Water waste can be reported to the JBSA water abuse hotline at 466-4426.

Call 671-7221 with any questions about water conservation or drought management.

Stage	J-17 Trigger*	Comal Springs*	San Marcos Springs*	% Reduction	Monthly Max. (acre-ft)
Baseline	>660	>225	>96	0%	1,001
I	>660	<225	<96	20%	800.8
II	>650	<200	<80	30%	700.7
III	>640	<150	N/A	35%	650.65
IV	>630	<100	N/A	40%	600.6
V	>625**	<45	N/A	44%	560.56

* Using 15-day average
** Using monthly average

Critical Care Air Transport Team missions fly on

By Staff Sgt. Corey Hook

59th Medical Wing Public Affairs

A 20-year-old U.S. Army Soldier has sustained serious injuries from a roadside bomb in Afghanistan – 70 percent of his body is badly burned and he has lost one of his legs.

An Air Force pararescue team flew him from the point of injury to the nearest forward operating base in Afghanistan for immediate medical care. His journey back to the States relies on Critical Care Air Transport Teams and so does his life.

In critical condition, he will be flown by CCATT to the Afghanistan theater hospital at Bagram Air Base and roughly 19 hours later he'll be in a hospital bed at Landstuhl Re-

gional Medical Center in Germany, the nearest treatment center for wounded warriors coming from Afghanistan. Sixty-one hours later he is done with the transatlantic flight and at the San Antonio Military Medical Center, with all flight care conducted by CCATTs while en route.

During the Vietnam War, it took an average of 45 days to return patients to the states and only 75 percent of wounded warriors survived. The Air Force's CCATT capability allows service members to be transported from the point of injury to a stateside hospital in less than three days, if needed, and 98 percent survive their injuries.

The concept of CCATT was developed in the early 1990s



Photo by Staff Sgt. Corey Hook
CCATT training is conducted on the Patient Isolation Unit at Joint Base San Antonio-Lackland May 23.

at the 59th Medical Wing by retired Maj. Gen. P.K. Carlton and retired Col. Chris Farmer in an effort to expand the Air Force's aeromedical critical care transport capabilities. Carlton and Farmer created the first written concept of operations for CCATTs, a table of allowances, and a plan of action for formalizing the CCATT program.

The 59th Medical Wing

initiated the CCATT proof-of-concept in 1994. It also created the CCATT Pilot Unit which was responsible for making recommendations for training, equipping and utilization of CCATTs; a mission that the 59th Medical Wing Pilot Unit continues to perform to this day. Already in 1995, CCATTs from the 59th Medical Wing and the 81st Medical Group (Keesler AFB) were deploying in support of overseas contingency operations. Following the completion of the two-year proof-of-concept period in 1996, CCATT was formally approved and adopted into the USAF Aeromedical Evacuation System.

This story continues online with more information about the CCATT's unique mission and their milestones @ <http://www.whasc.af.mil/news/story.asp?id=123358516>

Supervising resources

From: JBSA-Lackland Force Support Services, Education and Training

Have you made the transition from “best technician” to “supervisor” and wondered where to get just-in-time or mandatory training? Or perhaps you are a seasoned supervisor looking for help in developing your employees? What about employees who see themselves in a leadership role someday but need help getting started down the leadership development path? The Air Force has a tool just for you that is only a click away.

The Supervisor Resource Center is an online clearinghouse developed to put Air Force tools and free resources for supervisory and

leadership development at your fingertips 24/7. Below are just a few features the SRC offers:

- Learning Programs for Emerging Leaders and Supervisors centered around the Air Force Institutional Competencies saving the busy supervisor time. Included are AF e-Learning courses, books, simulations, skill briefs, and job-aids to jump-start learning and development. Courses include an assessment tool to provide a focused learning experience.
- Resources tailored to three levels of learning: Emerging Leaders, First Time Supervisors, and Seasoned Supervisors.
- Learning and development roadmaps to help supervisors guide their employees down an appropriate development path.
- Links to mandatory supervisory training course registration for new supervisors.
- Access to hundreds of AF e-Learning courses, books, video challenges, Business Impact series

learning tools, simulations and links to professional sites such as the Center for Creative Leadership, Harvard Business School, Wharton Center for Leadership and Change Management, Leadership Now and Forbes.

- Short, video snippets from proven Air Force leaders speaking from personal experience about leadership and supervision.

The SRC is a great resource for those seeking free resources and development tools accessible on demand to meet the needs of current and future Air Force leaders. You may access the SRC via the Air Force Portal. At the Portal Main Page, select the “Life and Career” tab followed by the “Force Development” pull down. On the left navigation, select “Supervisor Resource Center.” You can also type the following URL into your browser:

<https://www.my.af.mil/gcssaf/USAF/ep/globalTab.do?channelPageId=s88B4F00B2F6B2934012F939C799305F8>

Air Force e-Learning Tool

Are you an Air Force active duty or civilian member who needs just-in-time self-development tools without an accompanying price tag? Don't have time to attend classes but need to hone your skills in a particular area? The Air Force has a solution for you!

Air Force e-Learning is a robust online self-development tool that is free and available from your desktop 24/7. It contains a large, searchable collection of free online courses, books, simulations, and other e-learning resources for your self-development whenever and wherever you have the need and time. Below are just a few of the features accessible via AF e-Learning:

- Thousands of online courses: Choose one of the many short courses accessible from your desktop 24/7 to maximize your time while advancing your self-development.
- Books 24/7, an online library of searchable content: Read a book and recommend to a colleague or set up feeds to notify you when new books arrive plus much more.
- Mobile “On the Go” options: Download certain content to your smart phone, Kindle, or iPad.
- Leadership Knowledge Center portal: Use one of the topical learning roadmaps with links to related books, articles, courses, video challenges, simulations, and professional sites such as:
 - *The Center for Creative Leadership*
 - *Harvard Business School*,
 - *Hale Chief Executive Leadership Institute*
 - *Wharton Center for Leadership and Change Management*
 - *Leadership Now*
 - *Forbes*

Access AF e-Learning via a link located on the Air Force Portal home page under Top Portal Links and Education/Training/Force Development.

IAAFA PME builds partnerships, friendships



By Mike Joseph
JBSA-Lackland Public Affairs

One part of the Inter-American Air Forces Academy's vision statement is "building partnerships for tomorrow."

Four recent graduates of the IAAFA International Squadron Officers School Professional Military Education course all agree they built partnerships, along with friendships, during their eight weeks at Joint Base San Antonio-Lackland.

"What we really take away from this course is friendship," said U.S. Air Force Capt. Dayvid Prah, assigned to the 413th Flight Test Squadron, Hurlburt Field, Fla. "The leadership training is useful and applicable, but I really think what will be the lasting result from attending this course will be the friendships we formed."

The all-Spanish course is designed for Latin American military and U.S. Air Force captains to enhance their management and leadership skills. Enrollment for U.S. captains is limited to eight per session who are fluent in Spanish. The course is offered three times a year at IAAFA and has full Air University accreditation.

During their campus time, students have many experiences like military-to-military engagement that help to build and or strengthen partner nation coop-

eration among Latin American and U.S. Armed Forces.

Capt. Carlos Monroy, a Colombian air force internal control officer, agreed with his U.S. counterpart Prah on the friendships that are built.

"I definitely think along the lines that we have made friends, we have made brothers," said Monroy through an interpreter. "We're taking home more with us than we're leaving here. The relationships and partnerships, that's what we're taking back."

Capt. Daniel Yapor, a Dominican air force A-29B pilot, called his attendance one of the best experiences in his life.

"I had the opportunity to make a lot of friends from different countries like the United States, Peru, Guatemala and others," Yapor said. "I had friends (from the Dominican Republic) who have come here for the course. They told me about it, but it's not the same (as being here)."

"Now I see leadership in a totally different way," he said. "My friends (I made here), my brothers, they changed my mind about the way I think about leadership. This experience is unique and a great opportunity for an officer."

For U.S. Air Force Capt. Lacey Thompson, the course had multiple benefits, which included the San Antonio native being home for two months.

"This is 100 percent the best course I've ever taken," said Thompson, a five-year veteran who is assigned to the 56th Rescue Squadron, RAF Lakenheath, United Kingdom. "And I loved being home."

"The takeaway is (enhancing my) inter-cultural communication skills because I work for NATO," she said. "What I've learned here is how to build a relationship with people from different backgrounds, different experiences and different languages. I think it's going to help me tremendously in being able to establish rapport with partner nation personnel."



Photos by Senior Airman Cory D. Payne

Colombia air force Capt. Carlos Monroy (left) and Dominican Republic air force Capt. Daniel Yapor stand with their new friends and fellow graduates, U.S. Air Force Capt. Lacey Thompson and Dayvid Prah. The four officers built their friendships through the Inter-American Air Forces Academy International Squadron Officers School Professional Military Education class at Joint Base San Antonio-Lackland.



Capt. Carlos Monroy (left), Colombia air force internal control officer, talks with Capt. Daniel Yapor, Dominican Republic air force pilot, after the Inter-American Air Forces Academy graduation banquet July 31. Monroy and Yapor met through the IAAFA International Squadron Officers School Professional Military Education class at Joint Base San Antonio-Lackland.

Lackland Independent School District offering free and reduced meals

The Lackland Independent School District will again participate in the National School Lunch Program from the U.S. Department of Agriculture. The program provides free and reduced-price meals for students from households with qualifying incomes. Households must apply every school year for the meal program. In addition, foster children who are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household.

All LISD students may buy lunch for \$2.25. Breakfast may be purchased for \$1.25 at the elementary for all LISD students. The reduced price for those in the program is \$.45 for lunch and \$.30 for breakfast at all grade levels.

To receive free or reduced-price meals for their children, individuals must complete an application and return it to the school or to LISD Child Nutrition Department, 2460 Kenly Avenue, Building 8265, San Antonio, Texas 78236. For faster service, drop off applications with a cafeteria manager.

Students who were on the free or reduced-price meal program last year at Lackland ISD have a “prior year” status for the first 30 school days of the new school year. If a new application is not received for these students by Oct. 7, they will become “paid” students on Oct. 8.

For more information, contact Will McDowell at 357-5004.

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If you wish to file a civil rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866-632-9992 to request the form.

You may also write a letter containing all of the information requested in the form. Let-

ter's may be mailed to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or faxed to 202-690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339; or 800 845-6136(Spanish). USDA is an equal opportunity provider and employer.

Federal Benefits for Same-Sex Spouses:

The deadline for DOD civilian employees married prior to June 26 to enroll eligible family members in federal benefit programs is Aug. 26. Employees married after June 26 have 60 days from the date of marriage to enroll. Information on how to enroll can be found via myPers at https://gum-crm.csd.disa.mil/app/answers/detail/a_id/25427/p/1,2/c/89

AFADD takes joint approach to eliminate drunk and impaired driving

By Staff Sgt. Marissa Tucker
JBSA-Lackland Public Affairs

Soldiers, Sailors, Airmen and Marines from Joint Base San Antonio recently formed an alliance dedicated to reducing instances of drunk and impaired driving.

The Armed Forces Against Drunk Driving program, formed by service members and volunteers from all three JBSA locations, provides a call center Friday and Saturday that service members, Department of Defense civilian employees and military dependents can call for a safe ride home if they have been drinking.

In the nearly one month since inception, the organization has received a welcome response, said Staff Sgt. Thomas Forsthoefel, instructor with the 343rd Training Squadron and AFADD Vice President.

"I came to (JBSA-Lackland) for a temporary duty a couple of months ago and we were briefed about an off-base program similar to AFADD. I just thought to myself, why was there no program on base," said Forsthoefel. "We take care of our own in the military, no matter what service they are in. Wing leadership has been really supportive with helping to get this off the ground and our volunteers are amazing."

Currently, the group operates out of the San Antonio Military Medical Center emergency room from 10 p.m. to 3 a.m. Friday and Saturday.

When a call comes in, two volunteers travel to pick up the caller and take him or her home. Callers must agree to show valid military, dependent or DOD employee identification. Volunteers will not transport callers to other bars or parties.

"We're here as a last resort for those who had a plan before they began drinking, but for some reason, it didn't work out," Forsthoefel said. "The organization seeks to help service members make better decisions before they begin drinking to prevent situations where they or their friends are faced with the decision to drive home drunk."

Encouraging better decision-making skills before drinking is another goal of AFADD. Because JBSA is the largest joint installation in the DOD, they have



the ability to reach more service members and help implement a culture shift where driving while under the influence of alcohol is no longer seen as an option, Forsthoefel said.

The group offers these tips for those looking to enjoy a safe night out:

- Have a designated driver who is not going to drink.
- Have enough money for a taxi for everyone in your group.
- Call a friend or supervisor to come get you.
- Get a hotel room beforehand near where you will be drinking.

While unexpected situations can always occur, being prepared can help prevent a serious accident or even a death. Though the center is only open on weekends, AAFDD encourages members to seek other avenues, use their resources and think smart before they take their first drink.

"We know people don't just drink on weekends, but anytime they do, they need to have a backup plan," Forsthoefel said. "There's too much on the line to be careless enough to get behind the wheel drunk. There are so many people willing to help if you just ask."

To reach a dispatcher, call 309-8767 Fridays and Saturdays. For more information about AFADD, visit their Facebook page at <https://www.facebook.com/AFADDJointBaseSanAntonio> or email at afadd.jbsa@us.af.mil.

SNCO BANQUET



Photo by Senior Airman Lysie Nichols

Retired Chief Master Sgt. Rodney Ellison, former command chief of Air Education and Training Command, addresses the attendees of the Senior Non-commissioned Officer Induction Banquet at Joint Base San Antonio-Lackland Aug. 9. Ellison was the guest speaker and spoke to future SNCOs about Air Force traditions, mentoring and the importance of family. "People don't care how much you know until they know how much you care," was the advice Ellison gave on mentoring during his speech. See full list of inductees online at <http://www.jbsa.af.mil>

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE
808-SARC(7272)
DOD SAFE HELPLINE
(877) 995-5247

JBSA CRISIS HOTLINE
367-1213
JBSA DUTY CHAPLAIN
365-6420

Spurs caravan to visit JBSA-Lackland

The San Antonio Spurs caravan tour will be at the Chapparal fitness center on JBSA-Lackland Tuesday from 3 to 7 p.m. There will be a basketball boot camp for kids from 3 to 4 p.m. followed by a question and answer session from 4 to 4:30 p.m. and a performance by the Silver Dancers at 5 p.m. Autographs and games will be available for the duration of the event.

BMT HONORS

Congratulations to the following 53 Airmen selected as honor graduates among the 538 Air Force basic military trainees who graduated today:

320th Training Squadron

–Flight 508

Jennifer Cleveland
Christina England A
Andrea Kuczwarra M
Alejandra Rothenhausler
Shannon Wilson
–Flight 509

Joshua Barlow
Kenneth Brock-Jones
Joseph Johnson
Joshua Lands
Benjamin Lee
Daniel Ritchie
Michael Samora

322nd Training Squadron

–Flight 514

Charles Radcliffe

Flight 515

Eric Dunston
Zachary Kutz
Erik Polik
Taylor Pulicella
Erick Sanchez
–Flight 516
Kathleen Abney
Chelsea Morris
Lashawn Williams
–Flight 517
Steven Andersen
Kevin Clements
Carl Lang
Robert Lemme
Dalton Preston
Christopher Smith
Joel Szarejko

323rd Training Squadron

–Flight 512

Daniel Burkemper
Mark Clifton
Eric Rodriguez
Miles Wilson

–Flight 513

Ryan Arkkelin
Bryan Malm
Daylan Morris

326th Training Squadron

–Flight 507

Bianca Arnold
Ashley Rash

331st Training Squadron

–Flight 510

Remy Goldthorp
Dakota Griffin
Mason Haney
Michael Hellems
Stephen Meredith
Jordan Sigulas
Reza Taher
Michael Yunker
–Flight 511
Seth Brown
Nicholas Carlson
Christian Collins
Jacob Curran

Christian Gonzalez
Mehdi Naciri
Andrew Neal
Christopher Sutcliffe

Top BMT Airman

Lashawn Williams
322nd TRS, Flight 516

Most Physically Fit

–Male Airmen

Nicholas Carlson
331st TRS, Flight 511
Chandler Tyan
320th TRS, Flight 509
James Anderson
322nd TRS, Flight 514
Zachary Kutz
322nd TRS, Flight 515
–Female Airmen
Stacey Bernetskie
322nd TRS, Flight 516
Crystal Moody
326th TRS, Flight 507
Leahmarie Patoc

326th TRS, Flight 507
Iuliia Korobova
320th TRS, Flight 508
–Male Flights

322nd TRS, Flight 515
331st TRS, Flight 510
320th TRS, Flight 509
331st TRS, Flight 511
–Female Flights
322nd TRS, Flight 516
320th TRS, Flight 508
326th TRS, Flight 507

Top Academic Flights

320th TRS, Flight 509
331st TRS, Flight 510
331st TRS, Flight 511
322nd TRS, Flight 515
322nd TRS, Flight 517
323rd TRS, Flight 512
326th TRS, Flight 507
323rd TRS, Flight 513
320th TRS, Flight 508
322nd TRS, Flight 514
322nd TRS, Flight 516

Government vehicle safety important to mission success

By Capt. Chris A. De La Peña
802d Logistics Readiness Squadron

The latest statistics show government vehicle accidents and abuses across San Antonio military locations rose steadily over the past four years, with numbers likely to top 500 before the end of the fiscal year.

In an environment where high-tempo operations prevail and service members are called upon to work longer hours and do more with less, safety is still important to mission success.

The National Transportation Safety Board cites fatigue and distraction among the top contributing causes for motor vehicle accidents across the country, adding validity to the notion that the vast majority of accidents are preventable.

In today's safety-conscious environment, we're inundated with safety briefings and casualty statistics, but direct mission impact is often understated.

Here are some financial statistics as a "call to attention" of the significance of accidents and abuses:

Over the past four years, 1,764 accidents and abuses have cost Air Education and Training Command \$2.17 million.



Courtesy Photo

The latest report from the Air Force's Vehicle and Equipment Management Support Office shows Joint Base San Antonio with 492 accidents and abuses costing the installation \$452,000 in total repair costs over these last four years.

By location, the numbers are: JBSA-Lackland with 357 accidents/abuses and \$317,000 in repairs; JBSA-Randolph with 102 accidents/abuses

and \$95,000 in repairs; and JBSA-Fort Sam Houston with 33 accidents/abuses and \$40,000 in repairs.

While fleet size plays a role in the distribution of incident numbers, it does not take away from the fact that accidents and abuses cost the tax payers an enormous amount of money annually that adds up over the long term.

Abuses, which are simply damage to vehicles outside of normal wear and tear, coupled with accidents, can have broad, far-reaching negative consequences on an organization.

Less widely known is that the organization using the vehicle must pay for any accident/abuse-related repairs out of pocket and most units do not budget for accident/abuse costs.

With accidents averaging just over \$1,100 in repair costs, negligence can mean a serious, negative impact on organizations that likely have an already strained operating budget, due to sequestration and the deep mandatory budget cuts that followed shortly after.

Most motor vehicle accidents and abuses are preventable, it just boils down to safety and managing risk appropriately. A single accident can have a lasting effect on a unit's budget and operations throughout the year.

CDOS campaign highlights dangerous activity safety

By: Airman 1st Class Alexandria Slade
JBSA-Randolph Public Affairs

Extreme sports and high-risk activities are two highlighted subjects in this year's Critical Days of Summer campaign.

"Anything that offers an unusual adrenaline rush to the participant could be defined as a high-risk activity," Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said.

Extreme sports include, but are not limited to, skydiving, bungee jumping, scuba diving, mountain climbing and whitewater rafting, Staff Sgt. Gary Lund, 502nd ABW ground safety technician, said. Although extreme sports vary greatly, all entail an increased risk of injury.

Precautions including physical, mental and emotional preparation can help avoid accidents when military members participate in dangerous activities.

Before getting involved in extreme sports or high-risk activities, Joyce said to "start off slow."

"Don't jump straight into something that involves a lot of physical exertion; you have to build up to it,"

he said. "Find someone else with experience in the activity and have them mentor you."

Lund said the goal of CDOS is not to discourage involvement, but to prevent mishaps.

Accidents can be avoided by receiving proper training, using the right equipment and by not partaking in alcohol before or during participation.

Along with making responsible decisions regarding alcohol, people should not participate in dangerous activities while emotionally distraught.

"If you have recently experienced loss or relationship issues, don't indulge in high-risk activities while distracted," Lund said. "The inability to focus will decrease safety."

If a person is going to be partaking in a dangerous activity, peer pressure shouldn't ever be an influence, Joyce said.

Airmen need to be given a high-risk activity briefing by their unit commander and must fill out an Air Education and Training Command Form 410, signed by their supervisor and unit commander, prior to participation in dangerous activities, Lund said.



Photo by Staff Sgt. Matthew Hannen

Extreme sports and high-risk activities are two highlighted subjects in this year's Critical Days of Summer campaign.

Mouthguards: essential for children's sports

By Tech. Sgt. Susan J. Liebig
59th Dental Squadron

The start of a new school year is fast approaching and with it comes the excitement of children participating in sports and other extracurricular activities.

But prior to participating in any physical sport, parents and guardians should consider a mouthguard an essential piece of athletic equipment for their children.

Mouthguards or sports guards help cushion a potentially damaging blow to the face, which decrease the chances of breaking teeth and harming soft tissues like the lips, tongue or cheeks.

According to the American Dental Association athletes are 60 times more likely to damage their teeth when not wearing this protective device dur-



Courtesy illustration

ing sporting activities, to include football, basketball, baseball, hockey, gymnastics and volleyball. The ADA also notes that more than 2 million teeth are knocked out each year due to sports-related injuries.

Generally, there are three different varieties of mouthguards available to consumers.

Custom-fit mouthguards are made specifically for the individual. The dentist takes impressions and creates a mold of the patient's teeth in order to create the appliance. While these mouthguards typically offer the best fit, they are the most costly.

On the other end of the spectrum are stock mouthguards, which can be bought off the shelf and worn. They are considered a one-size-fits-all solution. While these types of guards are the least expensive, they generally do not fit well, offer the least protection, and can be bulky.

A better alternative to the stock mouthguard is the boil-and-bite mouthguard. The appliance is submerged in warm water, which allows the material to soften. It is then inserted into the mouth, where it forms and adapts to the shape of a person's teeth and mouth.

These mouthguards offer more protection than stock guards, are less expensive than custom made, and are available at most sporting goods stores.

For more information on choosing mouthguards, contact your child's dentist or visit the ADA website at <http://www.ada.org>.

WHAT'S HAPPENING

FRIDAY

- Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For more information, call 800-973-7630 or 671-4057.
- Teaching as a Second Career, 1-3 p.m.

MONDAY

- Understanding the Veterans Administration claims process, 10 a.m. to noon.
- Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

TUESDAY

- Pre-separation briefing, mandatory

for all members retiring, pre-registration required, 9 a.m. to noon.

- Pre-deployment briefing, required for all Airmen being deployed, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 9-9:45 a.m.
- American Veterans national service officer available by appointment, 8 a.m. to noon. For more information, call 773-354-6131.

WEDNESDAY

- Newcomer's orientation briefing, mandatory for personnel new to Joint Base San Antonio-Lackland, Gateway Club, 8 a.m. to 3 p.m.

THURSDAY

- Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m.

Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE AIRMAN AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL AFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

Call 800-973-7630 or 671-4057.

AUG. 23

- Car buying, 10 a.m. to noon.
- Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. Call 800-973-7630 or 671-4057.

AUG. 26

- Five-day Transition Assistance Program: mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

AUG. 27

- Transition Assistance Program,

7:45 a.m. to 4 p.m.

- Pre-deployment briefing, required for all Airmen being deployed, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 9-9:45 a.m.
- American Veterans national service officer available by appointment, 8 a.m. to noon. Call 773-354-6131 for details.

AUG. 28

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- Four to Go, 9 a.m. to 3 p.m.

AUG. 29

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. Call 800-973-7630 or 671-4057.

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web
<http://www.lacklandfss.com>

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

MONDAY

SPECIAL NEEDS WORKSHOP

A two-day workshop for military parents of children with special needs is Monday and Tuesday, 8:30 a.m. to 4:30 p.m. each day, at Arnold Hall Community Center.

The specialized training of military parents "STOMP" workshop will cover special education laws in the Department of Education, the Individual Education Program, Supplemental Security Income, TRICARE and Enhanced Care Health Option, permanent change of station, networking, refining advocacy and communication skills, and the latest information about education for students with disabilities.

For reservations, call 671-3722 or 671-7636.

TUESDAY

HOME BUYERS' SEMINAR

A home buyers' seminar is Tuesday, 1:30-3:30 p.m., in the Fellowship Room at Freedom Chapel.

Seminar topics include how to apply for a loan; loan criteria and the purchase process; how to choose

the right home and a broker-real estate agent; and frequently asked questions for first-time home buyers.

For reservations and additional information, contact Elvira Martinez at 210-375-5149.

CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes on the third Tuesday each month in the second floor conference room of Building 5160.

Tuesday classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For details or to register, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

AUG 27

SPOUSES' CLUB MEMBERSHIP ROUNDUP

The Lackland Officers' Spouses' Club will hold a membership roundup Aug. 27, 11 a.m. to 1 p.m., at the Gateway Club. There will be membership information and applications, "Get to Know You" activities,

LOSC special activities information and sign-up tables, complimentary finger foods and beverages.

For more information, visit <http://www.lacklandosc.org>.

AUG. 28

RETIRED ENLISTED ASSOCIATION MEETING

Retired Enlisted Association Chapter 80 meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For additional information, call 658-2344.

SEPT. 11

AWANA CLUBS REGISTRATION

Registration is underway for AWANA Clubs at Freedom Chapel, which begins Sept. 11.

The clubs are divided into six groups: Puggles, 2 year olds; Cubbies, 3 and 4 year olds; Sparks, 5 to 7 year olds; Truth and Telling, 8 to 11 year olds; Trek, 12 and 13 year olds; and Journey, 14 to 17 year olds.

Christian adult volunteers are also needed for the clubs. Meetings run Sept. 11 through May 2014, 6-8 p.m., on Wednesdays at Freedom Chapel. Extensive training is provided for all volunteers and background checks will be run.

For more information, contact Rev. Beth Key at 671-4208.

SEPT. 28

DAR MEMBERSHIP WORKSHOP

A membership workshop for Daughters of the American Revolution, Green Mountain Boys Chapter, is Sept. 28, 1-3 p.m., at the Universal City Library.

The DAR was founded in 1890 and is a non-profit, non-political volunteer women's service organization. Its mission is to promote patriotism, preserve American history and secure America's future through better education for children.

Membership is open to women 18 years and older able to trace their family back to an ancestor who aided in achieving American Independence.

The workshop reservation deadline is Sept. 23.

For information, call Mary Fletcher at 492-9414 or Jean Kanter at 497-2412.

OCT. 1

FIRST SERGEANT SYMPOSIUM

Registration is underway for the Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston Additional

Duty First Sergeant Symposium Oct. 1-4 at Forbes Hall on the JBSA-Lackland Medina Training Annex.

The symposium is for prospective and current additional duty first sergeants. Attendees must coordinate with their first sergeant, group chief enlisted manager or command chief prior to registration.

To register, visit <https://invitations.afit.edu/inv/anim.cfm?i=165627&k=0367470F7950>. The registration deadline is Sept. 23.

For details, call Master Sgt. Jamie Williams at 671-5929.

INFORMATIONAL

LACKLAND THRIFT SHOP OPEN

The Lackland Thrift Shop, a non-profit run by the Lackland Officers' Spouses' Club, has been remodeled and reopened with new merchandise.

Customers can now use VISA and MasterCard with a \$10 minimum purchase or checks with a \$5 minimum purchase.

Regular shop hours are Tuesday, Wednesday and Thursday, 10 a.m. to 2 p.m., and the second Saturday of each month, 10 a.m. to 2 p.m.

For additional information, call 671-3608 or visit <http://www.lacklandosc.org>.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

<i>Sunday</i>	
Contemporary Service	9:30 a.m.
Religious Education	11 a.m.
Gospel Service	12:30 p.m.
<i>Wednesday</i>	
AWANA	6 p.m.

Hope Chapel -Building 10338

<i>Sunday</i>	
Contemporary Service	11 a.m.
Spanish Service	12:30 p.m.

Airmen Memorial Chapel -Building 5432

<i>Sunday</i>	
Liturgical Service	8 a.m.

DENOMINATIONAL

BMT Reception Center -Building 7246

<i>Sunday</i>	
Church of Christ	7:30 a.m.

Gateway Chapel -Building 6300

<i>Saturday</i>	
Seventh-day Adventist	12:30 p.m.

Education Classroom -Building 5200

Rm. 108

<i>Sunday</i>	
Christian Science	7:30 a.m.

ROMAN CATHOLIC

Freedom Chapel -Building 1528

<i>Sunday</i>	
Religious Education	9 a.m.
Mass	11 a.m.
<i>Monday - Friday</i>	
Daily Mass	11:30 a.m.

Hope Chapel -Building 10338

<i>Saturday</i>	
Reconciliation	4:30 p.m.
Mass	5:30 p.m.

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

<i>Sunday</i>	
Religious Education	8 a.m.

WICCA

BMT Reception Center -Building 7246

<i>Sunday</i>	
Military Open Circle	12:30 p.m.

Freedom Chapel -Building 1528

<i>1st Tuesday</i>	
Military Open Circle	6 p.m.

JEWISH

Airmen Memorial Chapel -Building 5432

<i>Friday</i>	
Sabbath & Kiddush	4 p.m.

<i>Sunday</i>	
Religious Education	12:30 p.m.

ISLAMIC

Global Ministry Center -Building 7452

<i>Friday</i>	
Jummah Prayer	1:15 p.m.

<i>Sunday</i>	
Religious Education	9 a.m.

BMT Reception Center -Building 7246

<i>Sunday</i>	
Buddhist	10 a.m.

Gateway Chapel -Building 6300

<i>First, third and fifth Saturdays</i>	
Eckankar	12:30 p.m.

<i>First, third and fifth Saturdays</i>	
Baha'i	11 a.m.

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

<i>Tuesday</i>	
Religious Education	6:30 p.m.

<i>Thursday</i>	
LDS Institute	6:30 p.m.

<i>Sunday</i>	
LDS Service	8 a.m.

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForceLife.com

For more details, contact Freedom Chapel • 671-4208 • Gateway Chapel • 671-2911 • Hope Chapel • 671-2941

UPCOMING

USAFE SPORTS REUNION

A United States Air Forces Europe football and varsity sports reunion is Aug. 30 through Sept. 1 at Joint Base San Antonio-Randolph.

The reunion is open to players, coaches, officials, cheerleaders and fans in all USAFE varsity sports.

For details, registration and a schedule of events, visit <http://www.usafefootball.com>.

SPIN CLASSES NOW OFFERED AT CHAPARRAL FITNESS CENTER

Indoor cycling is a super low impact, high calorie burn sport. Beginning to advanced spinners are welcome. Bring towel and water! Cost is \$2 per class. Classes are offered at 5 a.m. Monday, Tuesday and Thursday; 6 p.m. Tuesday and Thursday; 8:30 a.m. Saturday and Sunday.

Call Jodi Hillard at 438-3778.

VARSITY FLAG FOOTBALL TRYOUTS

Joint Base San Antonio-Lackland will hold open tryouts for the varsity flag football team Saturday from 10 a.m. to noon at the Warhawk Football Field. Contact Dwayne Reed at 671-2632 for details.

YOUTH SOCCER COACHES NEEDED

The JBSA-Lackland Youth Center is in dire need of soccer coaches. All practices begin Tuesday with the season beginning Sept. 14 to Nov. 7. The only experience necessary is that applicants love teaching the game of soccer to children ages 5-14. Training for this position is provided/paid for by Youth Programs. Call Johnny Bailey at 394-0437 for details.

IMPACT FITNESS BOOT CAMP

Looking to improve your fitness level while working out with your family? Come out to IMPACT fitness boot camps to enjoy fun workouts, nutrition advice, and disciplined exercises for adults and children ages 3-13. For more details, please contact Tech Sgt. Cornelius Parnell at 671-9951.

Pro bowlers make annual visit to JBSA-Lackland



Pro bowler Diandra Asbaty autographs a bowling pin for Eric Penalver, a contract services coordinator at Wilford Hall Ambulatory Surgical Center, and his eight-year-old son Julian, Saturday at the Skylark Bowling Center.

Story and photo by Jose T. Garza III
JBSA-Lackland Public Affairs

As has been an annual tradition at Joint Base San Antonio-Lackland, civilian and military personnel got the opportunity Saturday to share the bowling lanes with some of professional bowling's best.

Pro bowlers Randy Pedersen, Diandra Asbaty, Jason Belmonte and Mike Fagan spent an entire day at the Skylark Bowling Center instructing aspiring bowlers, signing autographs, and bowling with JBSA's own professional-amateur bowlers during the 'Bowling With The Stars Pro-Am League' event.

Pedersen, who participated in the event previously, said he jumps at the opportunity to visit military installations when available. Currently a bowling

commentator for ESPN, the Professional Bowlers Association Hall of Famer said he doesn't get the opportunity to visit the troops as often as he did when he was a full-time bowler.

"Everybody wants to be here to meet us," Pedersen said. "(Visiting military installations) doesn't make it a job for us anymore, it makes it a pleasure for us just to hang out with the men and women of our armed forces."

Pedersen said he helped attendees improve on the nuances of their game.

"Some players tend to turn the ball a little early when they should try to keep their hand under the ball," he said. "I talked about the 'less is more' theory when trying to get gravity to control their arm swing as opposed to muscling the ball.

You can only do so much in a couple of hours trying to teach so many people. They come away with a lot of information that hopefully they can apply somewhere down the road."

Instructing people on the mechanics of the game is old hat for Asbaty. The 11-time USA Bowling Team member is a United States Bowling Congress certified coach who teaches youth, collegiate, and adult bowlers. She hopes to conduct seminars at other military installations in the near future.

"It's always different when you meet new bowlers and they have issues with their game," Asbaty said. "Everybody has a different style so it's always a challenge (helping everybody out with their game)."

One attendee was grateful for this opportunity to learn from

bowling's best while spending time with his son.

Eric Penalver, a contract services coordinator at Wilford Hall Ambulatory Surgical Center, who has attended the event previously, said he could not put a price on the learning experience he and his eight-year-old son Julian received during the seminar.

An avid bowler since he was his son's age, Penalver said he appreciated learning from professionals with various styles like Belmonte, who is an accomplished two-handed bowler.

"When I was growing up, you were taught to bowl with one hand," Penalver said. "By providing a different aspect of bowling, it opens the mind of our youth to more than one style of bowling."